

## Native American Family Wellness Day Saturday, February 18, 2006

7:30am **Fun Run/Walk – Registration** (Outside of Convention Center - Westside)

8:00-8:45am **Fun Run/Walk - Kick-off** (Perimeter of Convention Center)  
Opening Announcements Lana Fred, Tucson Indian Center

**Chair Exercise** (Grand Lobby – Mezzanine Level)  
Warm-up/Exercise Healthy O’odham Promotion Program

8:00am – 3:30pm **REGISTRATION**  
(Grand Lobby – Mezzanine Level)

9:00am – 5:00pm **Vendor/Exhibits Booths**  
(Exhibit Hall B & C – Lower Level)

**Quiet Baby Time**  
(Onyx Room – Mezzanine Level)  
A quiet and private place for breastfeeding moms and babies

9:00-10:15am **Opening Session**  
(Exhibit Hall B & C - Lower Level)  
Opening Announcements Phyllis Spears, IHS (MC)  
Posting of Colors USPHS Commission Officers & Pascua Yaqui Veterans  
National Anthem Jolene Ignacio, IHS  
Invocation Alex Alvarez, Pascua Yaqui Behavioral Health  
Welcome  

- Bob Walkup, Mayor of Tucson
- Vivian Juan-Saunders, Chairwoman of Tohono O’odham Nation
- Herminia Frias, Chairwoman of Pascua Yaqui Tribe
- Taylor J. Satala, IHS Tucson Area Director

10:15am **Break**

11:00am -12:00pm **Concurrent Workshops**  
(Break-out Rooms on the Concourse Level)

GRAHAM ROOM	MOHAVE ROOM	MARICOPA ROOM	GREENLEE ROOM
<b><u>YOUTH TRACK:</u></b> <b>Honoring your Parents &amp; Staying Healthy</b>  <i>This workshop will address some of the frustrations facing youth and parents using interactive games to identify issues and barriers to communication. Commercial tobacco usage and its health risks will be discussed.</i>	<b><u>ADULT TRACK:</u></b> <b>Cooking w/Traditional O’odham Foods</b>  <i>This interactive workshop will use traditional O’odham foods and various ingredients from the desert region to demonstrate new, different and delicious dishes.</i>	<b><u>FAMILY TRACK:</u></b> <b>Community Injury Prevention and your Family</b>  <i>This presentation will discuss why injuries are a public health problem using local data to illustrate the toll injuries can take in a community. Simple protective steps will also be shared.</i>	<b><u>ELDERS TRACK:</u></b> <b>Keep Fit with Age</b>  <i>This session will review the mind, body, spirit aspects of aging, followed by exercise one can do to optimize fitness.</i>
Tucson Indian Center Youth Council	Tohono O’odham Community Action	Don Williams, IHS Injury Prevention Specialist	John Molina, M.D., AHCCCS Medical Director

12:00 – 1:15pm

**LUNCH BREAK (on your own)**

*Note: TCC concessions will be available from 11am-3pm. Menu priced from \$3.50 - \$7.00. Food purchased outside of the TCC CANNOT be brought into the facilities.*

1:30 – 2:30pm

**Concurrent Workshops**

(Break-out Rooms on the Concourse Level)

GRAHAM ROOM	MOHAVE ROOM	MARICOPA ROOM	GREENLEE ROOM
<b>YOUTH TRACK :</b> <b>Tu'I Vo'ota Bwise:</b> <b>Catch the Good Road</b>  <i>This youth empowering workshop will define the "Good Road" and discuss where to find it and how to stay on it through talking, music and videos.</i>	<b>ADULT TRACK:</b> <b>Discovering the Gift that is You</b>  <i>This motivational workshop presents a success formula and a three-dimensional approach to living designed to deliver personal fulfillment and purpose.</i>	<b>FAMILY TRACK:</b> <b>Making Quick, Easy, and Healthy Family Meals</b>  <i>This cooking demonstration will share easy cooking tips/ methods that are healthy for the whole family. Delicious healthy samples will be provided.</i>	<b>ELDERS TRACK:</b> <b>Healing and Movement at Any Age – Qi Gong</b>  <i>Qi Gong (pronounced Chi Gong) is considered a deep form of medicine from the oriental perspective and consists of simple movements in coordination with breath.</i>
Pascua Yaqui Youth	Don Johnson, Director, Wellness Council of AZ	Dolores Galaz, RD, Healthy O'odham Promotion Program	Stuart Rodes, Licensed acupuncturist, Green Valley

3:00 - 4:30pm

**General Session**

(Exhibit Hall B & C)

Announcements  
Keynote Speaker

Phyllis Spears, Tucson Area IHS  
**Billy Mills** (Oglala Lakota), 1964 Gold Medalist  
Olympian, Successful Businessman, and Author



Raffle Prizes (must be present to win)

4:30 - 6:00pm

**DINNER BREAK (on your own)**

*Note: Food purchased outside of the TCC CANNOT be brought into the facilities.*

6:00 - 7:00pm

**Gourd Dancing**

(Exhibit Hall B – Lower Level)

Head Gourd: David Yazzie (Navajo)

7:00 - 10:00pm

**Social Pow Wow**

(Exhibit Hall B – Lower Level)

MC: Carlos Jose (Tohono O'odham)  
Arena Director: Louie Lopez (Tohono O'odham)  
Host Southern Drum: Pumpkin Vine  
Host Northern Drum: Ghost Horse  
Head Man: Gabriel Ayala (Yaqui)  
Head Woman: Maurisa TwoTwo (Tohono O'odham)